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On the road to zero suicides

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This dissertation provides a collection of studies of two suicide prevention strategies that aim to improve healthcare for people at risk of suicide. The first strategy is the implementation of a national e-mental health platform offering online suicide prevention interventions that can be accessed anonymously, 24/7 and free of charge. The second strategy is implementation of evidence-based suicide prevention policies and practices in specialist mental health care.

The research presented in this thesis focuses on the process and progress of these strategies as developed and implemented by 113 Suicide Prevention. As our research shows, both strategies have led to promising improvements of healthcare suicide prevention quality in the Netherlands.

Improvement can be further accelerated by adopting a Zero Suicide ambition that helps healthcare reach a tipping point in its mindset: from resigned acceptance of suicide to active prevention of suicide. This is why 113 Suicide Prevention strives for a country where no one dies alone and in despair by suicide.



On the road to zero suicides

Implementation studies

Jan K. Mokkenstorm

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